



# BENT RIM BUGLE

*The official newsletter of the MMBA - Issue #77 - fall 06*



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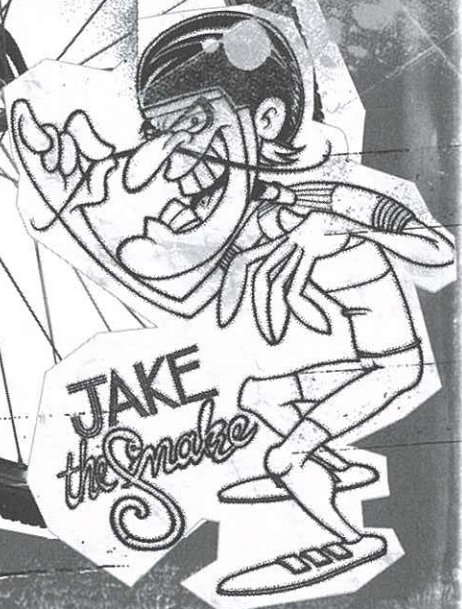


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The Michigan Mountain Biking Association (MMBA) is a 501-(C)(3) non-profit organization. We have 1,600 members in nine chapters throughout Michigan. The mission of the MMBA is to promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.

The Bent Rim Bugle is published four times a year (March, June, Sept, Dec.) by the Michigan Mountain Biking Association and distributed to all members. It is made possible by volunteers and riders like you.

#### **Bent Rim Bugle**

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Visit the MMBA on the web at:  
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**New BRB Logo/Masthead by**  
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**Cover photo by Bryan Mitchell**

## **From the MMBA President:**

I write this having spent a great day of racing at Maybury State Park. I was the guy manning the stop watch and writing down start times while Nick Shue, Southeast Chapter President, shot off the world's loudest starter pistol. I spent some time that day talking to different people to get their feelings about mountain biking and the MMBA. I was thinking about the survey we put out and how we can use this information for our strategic planning process. In case you haven't heard, we are in the middle of developing a strategic plan to define the strategies and goals we want put in place for several important areas. These are Membership, Advocacy, Communications and Infrastructure.

As part of the process we talked about how we validate what we are working on. Todd Grant, (our legal council and a person with experience in strategic planning) suggested we ask the membership. Great! What better way to make sure we are working on things YOU find important than to ask! We discussed it and thought we would encourage all Michigan mountain bikers to be involved. So that is how we came up with the survey.

Today I checked the status and we have almost 850 responses!

We will compile the info and share it with you (if we haven't by the time this comes out). I was one of the first people to take the survey and wondered how my answers would align with all the others that answered. Based on the survey results, I think many people share a common vision on the various subjects. I think the feedback areas are a tremendous help – we got a lot of good constructive comments (and a few funny ones too!) This is a very useful tool and I can see us using it more often.

One of the important things that came out of this process was subtle but important. That is, we decided on something, pulled the trigger and got it done. That is my mantra for the remainder of the year 'Pull the Trigger'. I would like to get the strategic plan document finished so we can start acting on it. Start picking goals that need to be met, looking at the strategies needed to do it and Pull the Trigger.

That's our plan going forward - Pull the Trigger and get things done!

Pat Audet



# MMBA NEWS

From the desk of Executive Director - Todd Scott

## **Wilderness in Michigan**

There's been a lot of talk nationwide about federal Wilderness designations and mountain bikers losing access to hundreds of miles of trail. In a recent IMBA advocacy alert, federal policy changes could result in 700 miles of lost trail in Idaho and Montana.

Could this happen in Michigan? It's not a straight forward answer.

All three Michigan National Forests have recently completed their forest plans. They each reviewed all the possible Wilderness candidates. Since none met the requirements, they are not recommending any new federal Wilderness designations in Michigan.

The Sleeping Bear National Lakeshore is also restarting their planning process and they have some shoreline areas that may be eligible for Wilderness designation. However due to the sandy soil conditions, this is not an area we'd look to propose new mountain biking trails.

However, while there's no current threat at the federal level, the State of Michigan has similar designations called State Wilderness Areas, State Wild Areas, and State Natural Areas. Mountain biking is not allowed in any of these designated areas. And, mountain biking is not allowed in these areas once they are proposed or officially nominated for these designations.

Of the DNR's 4.5 million acres, 48,081 acres have been designated as state wilderness and another 45,669 acres have been proposed. Most of the acreage is in the Upper Peninsula at the Porcupine Mountains Wilderness Area and Tahquamenon Falls Natural Areas.

Have we lost trail access due to these designations? Yes, we cannot mountain bike on the Jordan River Valley Pathway south of Boyne Falls or the Mason Tract Pathway located along the South Au Sable River west of Grayling. Statewide, these are the only two state forest pathways closed to mountain bikes.

As mentioned in the last Bent Rim Bugle, the Environment Michigan group began a campaign to make another 356,000 acres state wilderness. We are opposing this and we've voiced our opinions with the DNR and Environment Michigan. In speaking with the latter, their intent was not to shut down mountain biking but to prevent logging, gas, and mineral extraction on 10% of DNR land. We have sat down and discussed alternative protection methods for preserving forest land that also preserve trail access. We've also discussed changing state law and allowing the DNR to have designated mountain bike trails in state wilderness areas.

Still, from our perspective, their campaign for another 356,000 acres is unrealistic. The MMBA is just the first group to voice opposition. From what we've seen, the snowmobile, ORV, ATV, hunting, and timber groups haven't gotten involved yet.

We're going to stay on top of this and keep doing what it takes to preserve our trail access.

## **\$4,800 REI Grant**

The MMBA was recently awarded a \$4,800 grant from REI for the construction of six trail kiosks near their two retail locations in Northville and Troy. The kiosk design is the same as the one built by the MMBA at Novi's Lakeshore Park.

The parks listed on our grant application include Maybury, Island Lake, Hickory Glen, Stony Creek, Bloomer, and Addison Oaks.

We're also working on a kiosk for Highland and I hope we can include one for Pontiac Lake as part of a future DNR grant.

The MMBA membership committee had identified trailhead kiosks as one way of highlighting the MMBA, our work, trail days, etc. The REI grant will certainly help in the Southeast. We'll have to tap into other grant sources for kiosks in other regions of Michigan.

## **DNR Pass Crisis 2007?**

Under current state law, the DNR cannot sell park passes (a.k.a. motor vehicle permits) after January 1<sup>st</sup>, 2007. This is a significant source of the DNR Parks budget and they cannot operate without this funding. We're working with Senator Michelle McManus to get a bill passed *this year* that would extend the 2007 deadline and keep our parks open.

## **IMBA Epic in Michigan**

Congratulations to the MMBA Northern Chapter for bringing the first-ever International Mountain Bicycling Association (IMBA) Epic Ride to High Country Pathway on September 30<sup>th</sup>. Only four trails were selected nationwide so they're among some elite company.

## **Trust Fund Lawsuit**

As mentioned in earlier columns, we've been following a lawsuit (the Comben case) which would determine whether the DNR must return millions of dollars in oil and gas royalties. These funds make up the Michigan Natural Resources Trust Fund which is the major funding source for acquiring new park land and trails.

The MMBA signed on to an Amicus Brief along with many other trail advocacy groups. The brief urged the state supreme court to preserve the existing DNR funding.



Recently, the court dismissed the Comben case and ruled the state didn't have standing to appeal the lower court decision. However, there is a second lawsuit remaining before the court that should decide the issues once and for all.

According to an article in the Detroit Free Press "Some involved with the case say it appears increasingly unlikely the courts will order a massive giveback that, in a worst-case scenario, would severely deplete or even bankrupt the trust fund."

Lynne Boyd, the DNR FMFM chief says a ruling against the fund could still be significant but probably not devastating.

### **Oil for Parks**

Back in Washington DC, the Senate passed senate bill 3711 which would direct 12.5% of the oil/gas royalties from Gulf of Mexico offshore drilling into the Land, Water, and Conservation Fund (LWCF). The LWCF is similar to the Michigan Natural Resources Trust Fund and is managed by the National Park Service. The LWCF relies on Congress and the President to appropriate money for it each year. Unfortunately, that funding has declined over the years. The Senate bill would reverse that decline. The new LWCF funding would ramp up as drilling occurred. It's expected to deliver \$40 million by 2016 and \$100 million per year afterwards. Michigan would get a sizeable share of that money and this could become another great source of funding for new parks and trails.

We voiced our support with both Senators Levin and Stabenow.

Both voted in favor of the bill.

Right now the bill is in committee to be reconciled with a different version from the House.

### **Thank You**

**Danielle Heckman**, our former REI Outreach Specialist – Danielle just relocated to Seattle. The MMBA is very grateful for all her work in strengthening our relationship with REI. We also should mention that Danielle a.k.a. Skittle will also be missed by the Detroit Derby Girls. She was voted MVP at their recent Derby Girl bout. We also want to welcome Danielle's replacement, Candice Nagel.

**Shred-It** – They securely shredded four banker boxes full of old MMBA membership application and payment information at no charge.

**Dwain Abramowski** – Our former MMBA Executive Director sent a CD entitled "Water So Blue" containing some great original songs. It's still in my CD player, Dwain. Thanks!

**Southeast Chapter and volunteers** – That first-ever race at Maybury State Park was a great time thanks to all who contributed their time and effort. The money raised by the chapter will certainly help with all the trail projects across the Metro Detroit area. See you at the Iceman!



Arcadia Trail Construction Continues Dan Harrison, Director of the Michigan Mountain Bike Association (MMBA) Trail School, joined the crew of 5 and walked the trail to help provide some guidance on improving the trail that has already been built. Dan has 40 years of experience trail building and we appreciate his availability to lend a hand." - Sarah Naperala, Grand Traverse Regional Land Conservancy

# 2005

## MMBA ANNUAL REPORT

The Statement of Financial Activities and pie chart below represent the Michigan Mountain Biking Association's fiscal year ( January 1, 2005 through December 31, 2005 ) as stated in our financial statements. The MMBA is a 501(c)(3) charitable non-profit corporation with over 2,000 members in nine chapters throughout Michigan. The mission of the MMBA is to promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.

### Statement Of Activities

<i>Revenue &amp; Other Support</i>		
Individual Membership Dues	\$	42,949
Corporate Membership Dues		2,620
Sales, Net of Cost of Sales		4,634
Racing Revenue		12,450
Other Support		6,745
<b>Total Revenue &amp; Other Support</b>		<b>69,398</b>

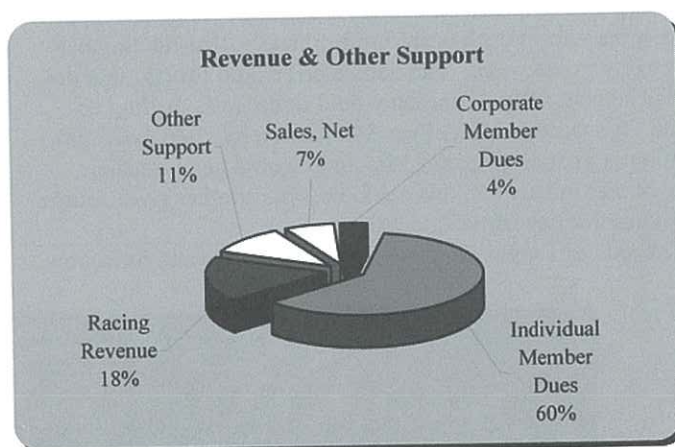
<i>Program &amp; Administrative Expenses</i>		
News Letter & Publishing		10,099
Management & General		37,020
Volunteer Awards		4,221
Racing Expenses		5,405
<b>Total Program &amp; Administrative</b>		<b>56,745</b>

Change in Assets		12,653
<b>Net Assets, December 31, 2005</b>		<b>64,882</b>

### Statement Of Financial Position

<i>Current Assets</i>		
Cash		49,471
Accounts Receivable		3,095
Deposits		1,000
Pre-Paid Insurance		1,523
Merchandise Inventory		10,570
<b>Total Assets</b>		<b>65,659</b>

<i>Liabilities &amp; Net Assets</i>		
<i>Current Liabilities</i>		
Chapter Funds		777
<b>Net Assets</b>		<b>64,882</b>
<b>Total Liabilities &amp; Net Assets</b>		<b>65,659</b>



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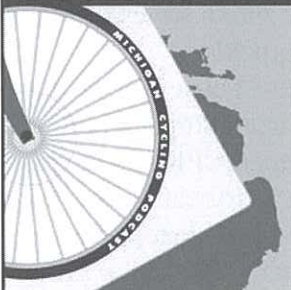
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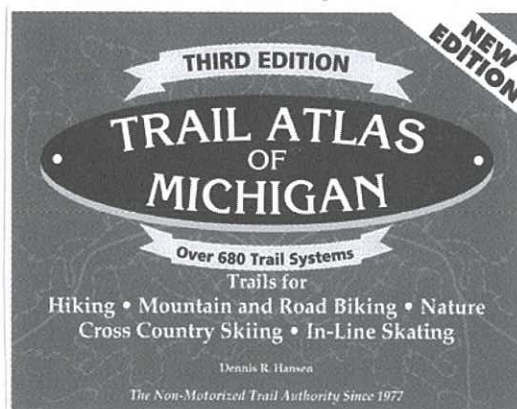
## Michigan Cycling Podcast



The Michigan Cycling Podcast is a free radio-style program for the Michigan Cycling Community. The show is produced weekly March through October and monthly November through February. Each program shares news, features, and event information. Visit the website for current & back episodes.

[michcycling.com](http://michcycling.com)

## Trail Atlas of Michigan, 3<sup>rd</sup> Edition



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## Michigan Trail Building Legends

Yesterday we received a membership renewal from Bud Pell. For those who didn't know Bud when he lived in Michigan, he was one of the premier MMBA trail builders. If you've ridden at Maybury, Stony (Rollercoaster), Bass River, or Ionia, you've ridden on some of Bud's trails. And before Bud worked his magic at Maybury, the mountain bike trail was one-mile long and open to two-way traffic. You rode to the end, turned around, rode back, and tried not to crash into anyone.

One of my favorite Bud memories is asking him how he got involved building trails at Ionia. He said that's where he kept his glider plane. I asked when he got into gliders. He said just after he sold his race car. Bud had great toys.

Anyway, he moved to California to escape the winters (23 years on the Ski Patrol -- telemarking of course) and then on up to Washington. He said he's still in "maximum overload" and by the sounds of it he's still inspiration for how to retire right (and stay active.)

He hasn't biked much in Washington. The trails in his area aren't as well maintained as Michigan's and they're either straight up or straight down. Instead he's gotten into disc golf. He helped build the first course around which now sees 100 people per day. He's working on more courses as well.

He still plays softball twice a week and can "still run the bases pretty well." He's been hiking quite a bit but hasn't gotten back into kayaking. He still throws his hand-carved boomerangs in competitions.

He really enjoys keeping up with the MMBA through the Bent Rim Bugle newsletter. He's trying to get a group together near his town to build a new trail but few seem to be interested in volunteering. The MMBA is "so damn progressive." He's really thrilled and proud seeing how far we've gotten.

He basically wrapped up the phone call by saying, "you can't imagine how much I miss Michigan."

We're planning a Bud Pell ride sometime in September 2007 when he plans on visiting Michigan next. We'll share the details as they get nailed down.



The 1994 Maybury Trail Opening (L-R): Gary Fischer (DNR), Dwain Abramowski (MMBA Executive Director), Chris Delridge (MMBA Southeast Chapter President), Bud Pell (Maybury Trail Coordinator). Photo by Sandy Davison

## Maybury 911

This summer at Maybury, MMBA members Sherri Zimmerman and Terrie Johnson came to the aid of a DNR staff member Roger Dyjak. Roger has since recovered and returned to his ranger position thanks in large part to Sherri and Terrie's heroic efforts.

Here's the eyewitness report from Sherri:

I was right behind Roger driving into the park when he stopped at the stop sign where you either have to turn left or right. He drove straight into the field about 25 yards which obviously caught my attention. I grabbed my cell phone, got out of my car and ran to the truck; noticing that his head was tilted to the right. I knew he was unconscious. I shook him and yelled at him and he was unresponsive. He had very heavy, labored breathing and was very hot. I immediately called 911. (What a fiasco that was! They kept asking me if I was in Oakland or Wayne county. I didn't know where Maybury park was...)

In the meantime, Roger's breathing worsened and I removed him from the truck onto the ground to better open his airway and prepare for possible CPR. He then started going into a series of seizures and was going downhill quickly.

Thank GOD, my friend Terrie came to the scene at that time, as Roger's heart stopped and he quit breathing. We performed CPR and he started coughing and got his heartbeat back. Shortly thereafter, his heart and breathing stopped again and we continued CPR which brought him back. The EMS showed up and Roger started to slowly regain consciousness. I'd say he was out for a good 15 minutes.

I am so thankful for my CPR training that kicked in years afterwards. We were on automatic pilot and I was amazed how quickly the training came back to me. I pray that he makes a complete recovery. He's a personal trainer and spin instructor at my health-club and is in good physical condition. I wish him well.



## Our "Bicycle Bill" becomes State Law

Governor Granholm signed our Senate Bill 1224 on August 15th and the bill took effect the next day. The MMBA, League of Michigan Bicyclists, and Michigan Trails and Greenways Alliance all wish to thank Senator Michelle McManus and her staff for helping us bring Michigan up to national standards with respect to bicycle laws. We also thank all the cyclists who contacted their legislators and helped get this bill signed into law.

### How is the law changed?

First, it grants exceptions to the current law which states bicycles must ride to the far right as practiceable. The exceptions are:

- When overtaking and passing another bicycle or any other vehicle proceeding in the same direction.
- When preparing to turn left.
- When approaching an intersection in a lane from which right turns are permitted and the bicycle operator intends to proceed straight through.
- When riding on a one-way road having two or more marked traffic lanes, in which case the individual could ride as near the left-hand curb or edge of roadway as practicable.

When necessary to avoid conditions making it unsafe to continue along the right-hand curb or edge, including fixed or moving objects, parked or moving vehicles, bicycles, pedestrians, animals, or other obstacles; or in a lane too narrow to permit a vehicle to safely overtake and pass a bicycle.

The new law also:

- Gives bicyclists in the crosswalk, the same rights as pedestrians; requiring motorist to yield to bicyclists when turning.
  - Allows bicycles to be parked on the sidewalk where it is not disallowed by signage and where the bicycle does not interfere with pedestrian traffic.
- Eliminates language that allows local ordinance to require bicyclists to use an adjacent side path. It also eliminates requirement that a bicyclists under age 16 use the side path unless an adult accompanies him or her.

### Some background on this new law

Originally, Senate Bill 1224 would have required Michigan cyclists to only ride single file on all roads and bike paths. We contacted the Senator and initiated a letter writing campaign. The response from cyclists was huge. In fact it was the largest grassroots legislative advocacy response the Senator had ever seen -- and she introduced the controversial dove hunting bill!

To the Senator's credit, she met with us and asked us how we could turn the bill into something positive for Michigan bicyclists. Through a series of meetings we compared Michigan's current bicycle laws with the national standards and proposed the improvements listed

above. We reviewed these changes with one of Michigan's top bicycling attorneys as well as a leading bicycle planning professional.

Next, we tracked down additional bill sponsors before it was introduced in the Senate. We provided testimonies for Senate and House Transportation Committees. We researched and answered numerous questions from the legislators. We overcame a clerical error that omitted part of our original bill. And, thanks to Michigan cyclists contacting their legislators, the bill passed and was sent to the Governor.

### Why did the MMBA get involved in primarily a road bill?

There were many reasons.

- Mountain bikers ride the roads too, especially as a means of getting to the trailhead or going between trails.
- Some of our trails are on roads (e.g. Island Lake, North Country Trail).

The League of Michigan Bicyclist's Executive Director, Lucinda Means passed away during this effort. The MMBA and MTGA helped step up and assist during this major loss.

### What did the MMBA get out of this?

Besides the new law, we have developed a very close and positive working relationship with Senator McManus. The Senator is one of the top decision makers on DNR issues as she chairs the Senate Appropriations sub-committee for Natural Resources. We're already working with her on additional legislation pertaining to the DNR.

As a member of the Michigan Environmental Council's (MEC) Policy and Strategy committee, we helped put bicycling on their agenda. The MEC staff was very helpful and supportive along the way.

We also learned how to push a bill through the House and Senate. There's definitely more to it than what the "I'm just a bill" video taught me as a kid.

Todd Scott

MMBA Executive Director—[execdir@mmba.org](mailto:execdir@mmba.org)





# High Country Pathway now an IMBA epic ride!

The International Mountain Bicycling Association has chosen the High Country Pathway as an Epic Ride for 2006. Handpicked as one of only four trails designated as Epic Rides in North America this year, the High Country Pathway is the first trail in Michigan to achieve legendary Epic Ride status! The Epic Ride designation is an honor given through a competitive application process. IMBA Epic rides are at the top of many mountain bikers' "must-ride" lists.

## Limited winter riding at Maybury this year.

Maybury State Park will offer limited mountain bike trail access this winter. One mile of trail will be open for riding as a trial period to examine the sustainability of winter riding. Currently the Mountain Bike Trail closes to bike traffic Dec 15 to April 15. This news comes from Thomas Bisset, Land Manager at Maybury!

Our foot is in the door MMBA riders after much work, lets make sure we ride the trail this winter and have some fun! For winter riding (after Dec. 15th) everyone should park at the Beck road entrance and enter the trail at the "old Trail-head" off of the gravel road. Volunteers put in a stacked loop system with a connector trail. Signs will be installed well before the winter season (frozen ground) hits. Please ride it and help break the connector trail in. There will be a trail day asking for some help in the future to fix a few spots before winter. This may not be perfect but it's better than it's been for 15 years, come out and ride, have some fun. See [mmba.org](http://mmba.org) for more info and a map of the loop.

## Tree Farm Relay is Run Away Fun



Photos by Bryan Mitchell/mountainbikephotographer.com

July 23 saw a new format for the race at Novi's Lakeshore Park, a team relay event. "We wanted to put together something different this year—more like a festival", said TTF rider Shannon Flynn. Instead of a standard time trial, Team Tree Farm and Dark Horse Racing put on a four-person relay in which sport class teams did four laps, one per rider, and the advanced class did eight laps with each rider doing doubles. The inaugural event hosted 18 teams, or 72 riders. From the starting gun, fired by city councilman Andrew Much, they had a blast racing and cheering on their teammates.

Although the Lakeshore Park trail is known for its tight and twisty single track, crowding on the racecourse was not a problem. Miles of two-track were added to the course by trail coordinator Dave Cox to speed up the course and to make room for passing. With the race being a relay event only a quarter of the racers were on the course at any one time. This made for smooth sailing, easy passing and plenty of space for both sport and advanced riders who were on the course together.

Bryan Mitchell of Kona Midwest, the advanced co-ed class winners said, "The Tree Farm gang put on a great grass roots race and

trail benefit. The course was fast and fun and it was marked the best I have ever seen, except at Nationals. And the medals are the coolest I have ever won!"

The day was filled with fun including race commentary by MMBA president Pat Audet and Scott Silvers. Racers loved the exchange between riders-- handing off of a Hawaiian lei, which proved to be challenging and entertaining. And how about the podium girl, a life size cutout of Brittany Spears. But there was more than just fun. The Timing guys did a great job; the results were posted almost immediately after the race. Sponsor Soul Cycles donated a frame, which was raffled off with the proceeds going to cycletherapy rider Chris Hubel who was seriously injured in a crash at the South Park BMX track on July 1.

The success of this year's event is expected to help draw more teams in the future. By the end of the day all of the volunteers were exhausted, but they agreed that the relay was worth all the work. Many racers said they were already looking forward to next year's relay. Dave Cox wasn't sure if he wanted set the team up for all that work again, and said with near disappointment and surprise, "I guess we gotta do it next year, now." Look for the Tree Farm Relay next July! - Thumb Shifter





2005 Collegiate Division II  
Short Track MTB Champion  
Brent Bookwalter.  
Photo : Kevin Holldbar

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MMBA "06"  
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Championship Point Series

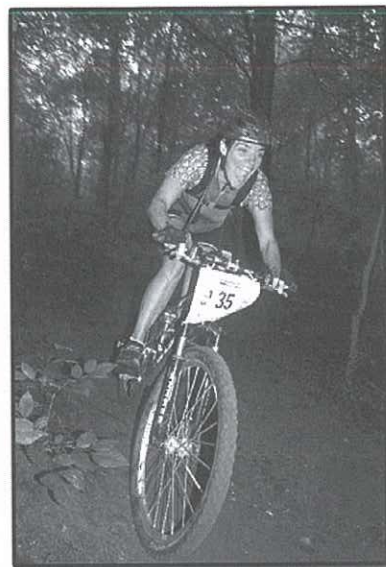


Photo by Rick Smith

## 2007 MMBA Championship Point Series Schedule

Mark your calendars now.....don't miss Michigan's premier grassroots racing series! We are pleased to announce the 2007 MMBA Championship Point Series schedule:

**Sunday, April 22nd**  
**Yankee Springs Chapter Benefit – TT**

**Sunday, May 6th**  
**Fort Custer Stampede Chapter Benefit –XC**

**Sunday, June 3rd**  
**Hanson Hills Challenge - XC**

**Saturday, July 7th**  
**Boyne Challenge – Marathon XC**  
**Double rider points will be awarded!**

**Sunday, July 29th**  
**Stony Creek - TT**

**Saturday, August 25th**  
**Maybury Chapter Benefit – XC**

**Sunday, September 23rd**  
**Addison Oaks Fall Classic - XC**

**Sunday, September 30th**  
**Pando Challenge – XC**  
**20th Anniversary Race!**



Photo by Bryan Mitchell/mountainbikephotographer.com

You'll need five races to qualify for the annual Series award and your best five races count toward your overall Series rankings.

We're bringing back your favorite trails and shaking things up a bit more in 2007.....so come out and have fun with us! Bring your family, your friends and race to have a good time, support the MMBA and your local trails.

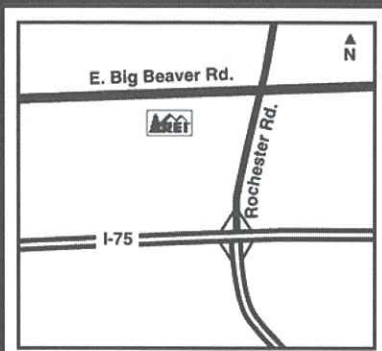
Our primary goal is to bring the value of the MMBA CPS – back to the racers, their families and back to the trail. To this end the 2007 race schedule will continue to help raise much needed funds for trail advocacy. Money generated by the Chapter Benefits will directly fund ongoing MMBA advocacy work and trail improvements.

Your trails, your backyard – all supported by you and the MMBA.

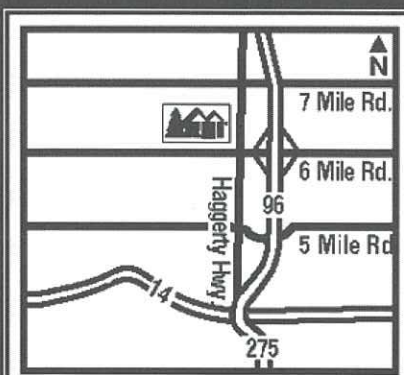
**GARY FISHER**



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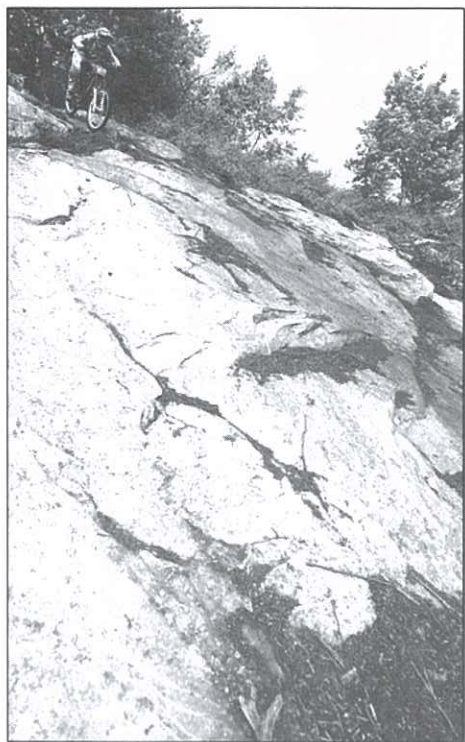
©2004 Trek Bicycle Corporation



# Mountain Bike Moments

- A few of my favorite images from 2006.

Bryan Mitchell/[www.mountainbikephotographer.com](http://www.mountainbikephotographer.com)





# Chapter Chatter

## Southeast Chapter News

Biggest news for the SE Chapter is that the Maybury race was a great success for the chapter and racers. Over 300 racers should up for the first XC races to ever be held at this trail. Dave Poirier and Mike Flack word many long hours getting the trail ready for the race and laying out the course. Cris Caltaldo, the SE Chapter CPS Rep, helped organize the event. Big thanks out to the many volunteers that helped us make the event such a success, and of course the racers who came out to race. Without them, of course, it wouldn't be a race. It was great seeing such large sport and beginner classes.

The chapter was given approval on the reroutes that we've been planning for ILRA, and by the time you read this, we will have had a couple trail days to put in these reroutes, and reclaim the old trail. We will be having more trail days in the future to complete these reroutes, and also in the spring.

Stony has been moving forward on the proposed Skills Park, and is working to complete funding for the construction. Hopefully, we'll have everything in place soon to start moving forward with construction. We know many people have been waiting to see this finally come to fruition. Stony will also be having some trail days this fall to complete some much needed reroutes. Dates will be posted as soon as they are set.

Milford now has rideable trail, and many riders have been checking it out. If you have tried out the work that has been completed so far, give it a visit.

REI also gave the MMBA a \$4800 grant to build kiosk at chapter trails. Construction of these will start as the season winds down.

As fall approaches, trail days will start to be schedule at the chapter trails, and we'll get the details posted on the website and the forums as soon as they are firmed up. Keep your eyes open, and we hope to see you out there.

--  
"I think the most important factor in getting someone hooked into mountain biking is getting their sense of adventure up, alive and kicking. If they don't have a sense of adventure, refer them to the roadies."

## Western Chapter News

Significant trail work, including a trail school, took place at the Cannonsburg Ski Area this summer. After three trail days, almost two miles of new singletrack are complete. Some 35 people turned out for the July trail day in 100 degree heat. It's simply amazing to see the amount of support. Riders will find a slightly shorter, but more challenging loop than the Game Area. Also, after the Game Area closure for hunting season, the Ski Area will remain open.

The Western Chapter has established a partnership with the Manistee Forest Service. It is important that we re-establish the MMBA as one of the main users/advocacy groups in the Manistee National Forest. This partnership is the first step. Our focus will start at Hungerford Lake near Big Rapids. Hungerford Lake is about 50 minutes from Grand Rapids and about a half hour from Rockford. We believe the Hungerford unit capable of supporting 25-30 miles of singletrack. Work will begin by reclaiming the current trail to form the first section of a proposed bike-only multi-stack loop.

The summer storms were brutal on Yankee Springs this year. There will be much to work on in the upcoming trail days. In addition, planning for next year's time trial has begun. The trail will be ready.

An earthen berm was built in the back section of Bass River. This addition stabilizes the back section for riding in wet conditions. Look for a late fall trail day to install carsonite signs, among other plans. In other Lakeshore area news, a trail proposal is in the works in Holland.

Nate Phelps  
president, western

## Help Needed Near Charlotte

The Mid-State Chapter and Ottawa County Parks are looking at a new possible trail at Fox Park in Charlotte. The chapter volunteer that was working on the project moved to Chicago. We need another person to step in and help move this project forward. If you're interested or have questions, contact Jake Pangle, [midstate@mmba.org](mailto:midstate@mmba.org) or 517.783.0143

## WANTED: NEW EDITOR FOR THE BRB!

I have been editing the BRB for a few years now and am ready to pass it on. If you are interested in putting together the newsletter and keeping it one of the best in the country and making it even better contact me, Bryan Mitchell, at [brb@mmba.org](mailto:brb@mmba.org) or Todd Scott at [execdir@mmba.org](mailto:execdir@mmba.org) and we can get you the details. I will still be the "unofficial" official photographer of the MMBA and supply you with photos for the BRB.





# Objects in Motion and Objects at Rest or My First Endo

by  
Thumb Shifter

Sir Isaac Newton never even saw a bicycle in his entire life; never the less his laws of motion apply to bicycles. I found this out the first time I ever tried to bunny hop a log. I really admired the way my friend, Joel, flew over the trail, in particular the obstacles—logs, rocks, what ever. He was fast, but when it came to logs across the trail he really did fly. A log more than a foot in diameter, big enough to catch your chain ring, well my chain ring, would never even touch his wheels.

"How does he do that?" I marveled

"He's just good. Who knew?" Evan replied trying to shrug it off. Evan had introduced me to mountain biking the year before, and he was impressed too, even if he didn't show it. We had invited Joel on a ride, knowing he had a mountain bike, but having no idea that he was going to bust our asses all over trail.

"You bunny hop over them," he replied to my question. By now we were back in the parking lot on flat and paved ground. "You can bunny hop can't you?" he asked. I had a BMX bike as a kid; of course I could bunny hop. I proved it with a series of slow-rolling, almost stopped, bunny hops.

"No problem. You've got it," Joel said. "Now all you have to do is time it. You just hop right before you hit the log." "Let's go back out there and try a few." I said. It was a clear fall day, and we had only done one lap of the shortish trail we were riding. Most of the leaves had fallen off the trees, but the woods were carpeted in the golden colors of fall. Evan and Joel didn't need any arm-twisting, and soon we were back on the trail to hop some logs. Joel had skill and speed, he didn't need to think about it. Me on the other had, I should have. All you have to do is time it. Well, that's not the whole trick. Actually you have to hop high enough while going fast enough for both the front and rear wheel to clear the log. It was Galileo who figured out parabolic motion, but it was Newton's first law that got me: Objects in motion, me, tend to stay in motion, and objects at rest, the log, tend to stay at rest.

The first log we came to was about a foot in diameter, Evan and I were in the lead, and we used our chain rings to roll over this log. It was too much for a first try. When Joel caught up to us we hadn't heard the clunk of chainring on log behind us. The next log was half the size, and I got a boost of confidence seeing Evan clear it ahead of

me. I stood up on the bike, gave it a few good cranks and got set. I lifted the bike and watched the log pass under my front wheel, then my chainring and BANG! The bike stopped. I was still looking down, but now beyond my bottom bracket I saw only the thin lines of bare tree branches crisscrossing a pale blue color, and then the rear tire of my bike and then nothing-- I think. I never looked forward, which is good because then this would be a story about dental work. My helmet, with my head still in it, hit the ground before I clipped out or even let go of the bars.

I don't remember if it hurt, but it must have looked bad. The expression on Joel's face scared me as he blurted, "How many fingers? How many fingers?" while waving the peace sign at me. I touched my face and helmet to see if everything was in the right place. By now Evan, who had heard me crash, had returned, and I knew I looked ok. When he saw me tangled up in my bike he started laughing.

It was years later when I was taking a physics course that I learned how Galileo described projectile motion. Had I known then what I know now, I wouldn't have run into Newton's laws of motion in which the log was an immovable object and I was clearly a resistible force. The log and I were a perfect demonstration. That's why you want to hop over the log in the first place, to avoid the whole bike hitting the object at rest semi-elastic collision in which the bike nearly stops but the rider, who was in motion, stays in motion without the bike, thus the dreaded endo.

It was Galileo who gave me the confidence to try hopping logs again. All you need to do is determine the horizontal and vertical velocities and take into account the negative acceleration of gravity at 9.8 meters per second squared. By plugging these values into the following equations

$$x=vxt$$

$$y=v_yt-1/2gt$$

(Where x and y are horizontal and vertical distance in meters respectively, t is time in seconds, V is velocity in meters per second, g is the acceleration of gravity 9.8 meters per second squared) and solving for time (t) at say 0.1 second intervals, and plotting the x (horizontal) and y (vertical) coordinates for both the front and back wheels you can determine the size of a log that you should be able to clear. Unfortunately most people's cyclocomputers don't have graphing functions. However, there may be a more simple way of estimating your ability to hop logs on the trail. Basically it's your horizontal velocity that carries you over the log. So if your confident that you can attain enough vertical velocity to clear the log you just need enough horizontal velocity to get past the log, and that's about ten miles per hour. So all you need to do to hop a log is check your cyclocomputer to be sure you're going fast enough just before you hit the log and hop. Of course I usually have my eyes closed at that time.





Above photo by Scott Papas.  
All other photos by Bryan Mitchell/mountainbikephotographer.com

**MMBA**  
MICHIGAN MOUNTAIN BIKING ASSOCIATION





## Mountain Kids has a great 2006!

As always the kids had a blast (just see the photos) and we hope to have even more events in 2007. If any more shops want to donate more bikes like South Lyon Cycle did we could replace a few of the worn out bikes. New V-brakes would be a big help as well. A big thanks to everyone that helps make mountain kids happen. <http://mmba.org/portal.php?h=mountainkids>

For additional information or to schedule an event, contact Sarah Manning at [mountainkids@mmba.org](mailto:mountainkids@mmba.org) or Bryan Mitchell at [brb@mmba.org](mailto:brb@mmba.org)

**Plan an event  
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Kids in 2007.  
It's a blast!!!**



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## Commerce Twp.

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248-360-3900  
[www.mattwatters.net](http://www.mattwatters.net)

## Copper Harbor

Keweenaw Adventure Co, LLC  
906.289.4303  
[www.keweenawadventure.com](http://www.keweenawadventure.com)

## Grosse Pointe Woods

American Cycle & Fitness  
313.886.1968  
[www.americancycleandfitness.com](http://www.americancycleandfitness.com)

## Lake Orion

Paint Creek Bicycles  
248.693.9620  
[www.paintcreekbicycles.com](http://www.paintcreekbicycles.com)

## Livonia

Cycle to Fitness  
734.266.8203  
[www.cycletofitness.com](http://www.cycletofitness.com)

## Manistee

Bent Crank Bike Shop  
231.723.4155

## Northville

REI Northville  
248.347.2100  
[www.rei.com/stores/northville](http://www.rei.com/stores/northville)

## Okemos

Denny's Central Park Bicycles  
517.349.8880  
[www.dennyscentralparkbikes.com](http://www.dennyscentralparkbikes.com)

## Pinckney

Speedtrain's Village Cyclery  
734.878.0117  
[www.speedtrainsvillagecyclery.com](http://www.speedtrainsvillagecyclery.com)

## Plymouth

Trail's Edge Cyclery  
734.420.1200  
[www.trails-edge.com](http://www.trails-edge.com)

## Pontiac

American Cycle & Fitness  
248.333.7843  
[www.americancycleandfitness.com](http://www.americancycleandfitness.com)

## Rochester

Rochester Bike Shop  
248.652.6376  
[www.rochesterbikeshop.com](http://www.rochesterbikeshop.com)

## Royal Oak

American Cycle & Fitness  
248.542.7182  
[www.americancycleandfitness.com](http://www.americancycleandfitness.com)

## South Bend

Pro-Form Bike Shop  
574.272.0129  
[www.proformbike.com](http://www.proformbike.com)

## Sterling Heights

American Cycle & Fitness  
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[www.americancycleandfitness.com](http://www.americancycleandfitness.com)

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## Get out and Ride!



## Dave Butler memorial fund.

On Monday, May 1st, MMBA member Dave Butler of Goodrich passed away. He was 47 years old. His wife, Rhonda, has requested that donations be made in his name to the MMBA so that we can create a memorial. Our current plans are for a new trail head kiosk at Highland, which was one of Dave's favorite trails.

Dave worked for GM for 25 years and was proud to have served in the U.S. Marine Corps as a helicopter crew chief. He enjoyed wind surfing, wake boarding and horseback riding, but his passions were mountain biking and waterskiing. According to his wife, "He just loved being outdoors, especially in the water or on a bike."

Dave was a familiar face at many area bike shops and loved "talking bikes" with friends. He spent endless hours upgrading and working on his bikes to get that extra edge on the trail. He often made the trip up north to ride with his friend of 30 years, Steve Talboys, at Boyne Mountain. He also loved the challenge of technical trails like Highland or Holdridge's Gruber's Grinder. He would say, "You can't think about anything else when you're riding like that. You have to let everything else go." "He would come home with thorns in his shirt and bark in his elbows and knees, bleeding and happy."

If you are interested in helping with Dave's memorial, you can send your tax deductible donation payable to the MMBA to 5119 Highland Road PMB 268, Waterford, MI 48327. Make sure you write "Dave Butler" in the memo field so we put it in his memorial fund.



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